

## Mindset - Athlete Card

Print off the enclosed athlete card and keep it with you so you can recognise and develop the mindset behaviours that will help you reach your potential.

### Growth mindset athletes



Focus on effort and learning how to improve. Ability is not set in stone - you just haven't learned how to do it **YET**

Remember, growth mindset athletes...

**embrace** rather than avoid **challenges**  
**persist** rather than give up when facing **setbacks**  
**learn from** rather than ignore **negative feedback**  
**take** rather than avoid **ownership**

### Reflection



Ask yourself after practice and competition.....

1. What were my challenges & did I embrace them?
2. What did I learn from any setbacks?
3. What feedback was available and how did I use it?
4. What can I do to make sure I'm better next time?